

21 day **FIX**®



VEGAN EATING PLAN

21 DAY FIX® VEGAN EATING PLAN

The 21 Day Fix Vegan Eating Plan removes all animal products from the food lists—and we’ve made some big changes to the red and yellow containers. Red containers are still home to complete proteins, but now they also house beans and other legumes. Yellow has been split into two groups. **Yellow A** contains whole grains. **Yellow B** contains tubers and more processed grains (pastas and breads).

Animal products are considered *complete proteins*, since they contain acceptable levels of all nine of the amino acids essential to humans, as do a few plant-based sources, including soy, hemp, and quinoa. Vegans can rely on these sources, but they also need to think strategically when looking for complete proteins, mainly by eating a combination of legumes (**Red** container) and grains (**Yellow A** container).

Keep in mind that you don’t need to eat what’s in the two containers at the same time. Oatmeal for breakfast and chickpeas on your salad at lunch will have the same nutritional impact as having them together.

A few additional notes:

- Foods marked with an asterisk (*) are complete proteins. It’s always a good idea to lean toward those, but not at the risk of eliminating variety.
- The 21 Day Fix Vegan Eating Plan is slightly lower in protein and higher in carbs than the regular 21 Day Fix Eating Plan, but that’s okay. It’s equally as healthy and the extra fiber will still give you a weight-loss advantage.
- As healthy as they can be, vegan diets can be low in vitamins B12 and D, so it’s important to take a quality multivitamin such as ActiVit®.
- Ideally, it’s preferable to get most or all of your yellow portions from **Yellow A**. **Yellow B** is there because people generally love bread, so we didn’t want to completely deprive you. Just remember that if you skip a Yellow B, make up for it by eating a Yellow A.

CALORIE CHARTS

Refer to the 21 Day Fix Eating Plan to calculate your calorie level.
Once you do that, simply find one of the five calorie charts that correspond with your calorie level!

Containers	1,200–1,499 calories	1,500–1,799 calories	1,800–2,099 calories	2,100–2,299 calories	2,300–2,499 calories
	5	6	7	8	9
	1	2	2	3	4
	3	4	5	6	6
	3	2	3	3	3
	1	1	1	1	2
	1	1	1	1	1
	1	1	1	1	1
	2	4	5	6	7





GREEN CONTAINER



- Kale, cooked or raw
- Watercress, cooked or raw
- Collard greens, cooked or raw
- Spinach, cooked or raw
- Brussels sprouts, chopped or 5 medium
- Broccoli, chopped
- Asparagus, 10 large spears
- Beets, 2 medium
- Tomatoes, chopped, cherry, or 2 medium
- Tomatillos, chopped or 3 medium
- Pumpkin (regular or West Indian), chopped
- Squash (summer), sliced
- Chayote squash, chopped
- Winter squash (all varieties), cubed
- String beans
- Peppers, sweet, sliced
- Poblano chiles, chopped
- Banana peppers, 3 medium
- Carrots, sliced or 10 medium baby
- Cauliflower, chopped
- Artichokes, ½ large
- Eggplant, ½ medium
- Okra
- Cactus (nopales), sliced
- Jicama, sliced
- Snow peas
- Cabbage, chopped
- Cucumbers
- Celery
- Lettuce
- Mushrooms
- Radishes
- Onions, chopped
- Sprouts

PURPLE CONTAINER



- Raspberries
- Blueberries
- Blackberries
- Strawberries
- Pomegranate, 1 small
- Guava, 2 medium
- Starfruit, 2 medium
- Passion fruit, 3 fruits
- Watermelon, chopped
- Cantaloupe, chopped
- Orange, sections or 1 medium
- Bitter orange, 1 medium
- Tangerine, 2 small
- Apple, sliced or 1 small
- Apricots, 4 small
- Grapefruit, sections or ½ large
- Cherries
- Grapes
- Kiwifruit, 2 medium
- Mango, sliced
- Peach, sliced or 1 large
- Nectarine, sliced or 1 large
- Pear, sliced or 1 large
- Pineapple, diced
- Banana, ½ large
- Green banana, ½ large
- Dwarf red banana, 1 ½ small
- Breadfruit, ⅓ small
- Papaya, diced
- Figs, 2 small
- Honeydew melon, chopped
- Mamey, ⅓ small
- Tamarind, 12 fruits or ¼ cup pulp
- Salsa, pico de gallo
- Tomato sauce, plain or marinara

RED CONTAINER

- Shakeology® (Chocolate Vegan or Tropical Strawberry Vegan), 1 scoop
- Tempeh*
- Tofu, firm*
- Protein powder – vegan (hemp,* rice, pea), 1½ scoops (approx. 42 g depending on variety)
- Veggie burger, vegan, 1 medium patty*
- Beans (kidney, black, garbanzo, white, lima, etc.), cooked, drained
- Lentils, cooked, drained
- Edamame, shelled*
- Peas
- Refried beans, vegan, nonfat
- Seitan

**A complete protein source.*



A YELLOW CONTAINER



This is where you'll find whole grains and the best sources of healthy carbohydrates. Ideally, it's preferable to get most or all of your yellow portions from Yellow A.

- Quinoa, cooked*
- Brown rice, cooked
- Wild rice, cooked
- Corn on the cob, 1 ear
- Amaranth, cooked
- Millet, cooked
- Buckwheat, cooked
- Barley, cooked
- Bulgur, cooked
- Oatmeal, steel-cut, cooked
- Oatmeal, rolled, cooked
- Hominy, cooked

*A complete protein source.

B YELLOW CONTAINER



This container includes tubers and more processed grains, like pastas and breads. Remember, if you decide to skip this container, make up for it by eating a Yellow A.

- Sweet potato
- Yams (regular, white, tropical [batata]), diced
- Plantains, sliced or ½ medium
- Cassava (yuca), 2 oz.
- Pasta, whole-grain, cooked
- Couscous, whole wheat, cooked
- Crackers, whole-grain, 8 small crackers
- Cereal, whole-grain, low sugar
- Bread, whole-grain, 1 slice
- Pita bread, whole wheat, 1 small (4-inch)
- Waffles, whole-grain, 1 waffle
- Pancakes, whole-grain, 1 small (4-inch)
- English muffin, whole-grain, ½ muffin
- Bagel, whole-grain, ½ small (3-inch)
- Tortilla, whole wheat, 1 small (6-inch)
- Tortilla, corn, 2 small (6-inch)
- Masa flour or cornmeal, ¼ cup

BLUE CONTAINER



- Avocado, mashed or ¼ medium
- Raw nuts: 12 whole almonds, 8 whole cashews, 10 pecan halves, 14 whole peanuts, 20 whole pistachios, or 8 walnut halves
- Hummus
- Coconut milk, canned

ORANGE CONTAINER



- Raw nuts, chopped
- Raw seeds (pumpkin, sunflower, sesame)
- Flaxseed, ground
- Chia seeds, 4 tsp.
- Olives, 10 medium
- Peanuts
- Coconut, unsweetened, shredded



TEASPOON^{**}



- Extra-virgin olive oil
- Coconut oil
- Flaxseed oil
- Walnut oil
- Pumpkin seed oil
- Nut butters (peanut, almond, cashew, etc.)
- Seed butters (pumpkin, sunflower, sesame [tahini])

**Teaspoon not provided. Please use your own.

FREE FOODS

These are “free foods.” Eat as many of them as you’d like.



- Water
- Lemon and lime juice
- Vinegars
- Mustard
- Herbs (fresh and dry)
- Spices (except salt)
- Garlic
- Ginger
- Green onion
- Hot sauce (Tabasco or Mexican only)
- Chile varieties (jalapeño, serrano, ancho, cascabel, pasilla, guajillo, habanero, etc.)
- Pure flavor extracts (vanilla, peppermint, almond, etc.)
- Cinnamon, nutmeg, cloves, etc.
- Achiote paste
- *21 Day Fix Seasoning Mixes*



REPLACEMENT FOOD CONTAINER GROUPS

Three times a week, you can replace one of your Yellow B Container portions with a tasty beverage from the list below. To do this, fill the provided Shakeology shaker cup (as opposed to the Yellow Container) to the fl. oz. mark indicated below for that beverage, *but remember to check off a Yellow B container portion on your Tally Sheet.*

BEVERAGES

- Soy milk,
unsweetened, 8 fl. oz.
sweetened, 6 fl. oz.
- Almond milk,
unsweetened, 16 fl. oz.
sweetened, 8 fl. oz.
- Coconut water, 16 fl. oz.
- Coconut milk beverage (from a carton, not canned!),
unsweetened, 12 fl. oz.
sweetened, 8 fl. oz.
- Fresh fruit juices, 8 fl. oz.
- Rice milk, original or vanilla, 6 fl. oz.
- Wine, 4 fl. oz.



TREATS

In addition to your tasty beverages, three times a week, you can replace a Yellow B Container with a treat. You won't necessarily use the Yellow Container for your treat. Instead, use the container matching the color of the square next to the treat of your choice, *but remember to check off a Yellow B container portion on your Tally Sheet.*

Dried fruit medley ■

Chocolate chips or chunks, dark*** ■

Potato chips, plain kettle ■

Tortilla chips, plain corn ■

Chocolate-covered almonds, 6 pieces*** ■

Chocolate-covered raisins*** ■

Banana Oatmeal Cookies, 2 cookies

(See recipe in 21 Day Fix Eating Plan)

Oatmeal Cookies with Chocolate Morsels and Toasted Pecans, 2 cookies ***

(See recipe in 21 Day Fix Eating Plan)

High-Protein Chocolate Peanut Butter Snack Bars, 1 bar***

(See recipe in 21 Day Fix Eating Plan)

Popcorn Mix with Raisins, Almonds, and Dried Fruit ■

****Make sure you're using vegan chocolate. This includes using Chocolate Vegan Shakeology in the recipes.*

